

VITAL SIGNS



VOL VII No. 8

Naval Hospital, Orlando, Florida

1 July 1984

18 - 21 June

IG Team on board



The Inspector General Medical arrived at Naval Hospital Orlando, on Monday, 18 June with his inspection team. Pictured above (from left to right): CDR P. W. Johnson, MSC, USN; CAPT B. Leeb, MC, USN; RADM T. W. McKean, DC, USN, IG; and CAPT B. A. McKay, NC, USN, Executive Assistant.

The team spent four days checking all areas of the hospital. RADM McKean was most impressed with the attitude of the staff and the courtesies rendered to the team.

The results of the inspection will be promulgated to Department Heads for action. The Admiral noted that there has been tremendous improvement since his last visit.

IG inspections are held periodically to ensure that Naval activities are operating in compliance with pertinent rules and regulations.

New DFA

CDR Truran returns



CDR Paul F. Truran, MSC, USN, reported on board on 18 June to assume the duties of Directorate for Administration.

This is CDR Truran's second tour of duty at Naval Hospital Orlando. He served as Chief, Fiscal and Supply Service from May 1980 to May 1983. CDR Truran was the guiding force in engineering the move of equipment, patients and staff from the old antiquated hospital to this new state-of-the-art medical facility. We were moved in the early part of April 1981 and the building officially dedicated on 23 April.

CDR Truran reported from duty with OPNAV in Washington, DC, and he and his wife, Jan, will make their home in Altamonte Springs.

Last month's article -

Anything for some bucks!!!



... if it's for Navy Relief, that is! The Chiefs were practicing for their BIG CAR WASH on 1 June. IF they really DID WORK and IF they really DID make ANY MONEY for Navy Relief, we will have to let you know in our next issue!

Follow-up

The above article was printed in the June issue so here's our follow-up! The Chiefs DID work hard and they DID make money for Navy Relief. Would you believe over \$200??? That was a lot of cars! ... and a lot of tired Chiefs!



HMC Frank Connor and HMC Frank Adgate working hard on a customer's jeep. There was a constant flow of cars ... the Chiefs didn't even have time for a "coffee break!"

Enlisted evaluations

Are you tasked with writing enlisted performance evaluations? There are some of us who have just survived the periodic evaluations for E-4. Since this was the first time the new forms were used for E-4's as a group, we uncovered some common errors ... so if we drag them out in the open, maybe they can be avoided in the future.

1. Description of duties must also include the type of watch member stands.
2. A mark in Directing and Counseling is mandatory for a petty officer.
3. The percent of body fat chit MUST accompany the evaluation when submitted and if the individual has failed any part of the Physical Readiness Test, this fact must be addressed in the narrative.
4. If the overall mark is 4.0, you must include a paragraph of justification.
5. When entering the "X" in the appropriate block, use only one "X."
6. Bullet format in the narrative is recommended.
7. In the last paragraph of the narrative, it is always appropriate to include general comments on the trend of performance and potential for advancement and retention.
8. A summary, Block 40, is required for E-4's and above. The evaluation is not complete without the summary and the summary cannot be added until ALL evaluations are in. It is imperative that originators submit the evaluations by the due date.

American Red Cross

Volunteer hours



for May -

2,766

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**Vital
Signs**

STETH - O - SCOOP

By HM1 Dennis M. Downey, USN



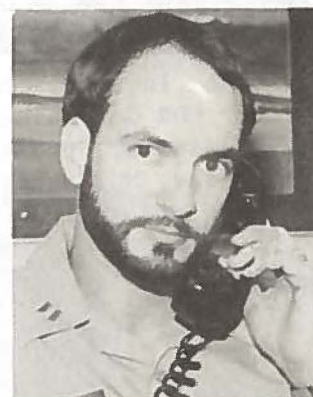
What do you think about a woman for Vice President?



HM3 Thomas Kingsbury, Operating Management: "I think the Vice Presidency should be a woman .. then she could help fight for women's rights and equality."



CDR Joyce Vickers, NC, OB-GYN: "If she's qualified, I think a female can do the job as well as a male."



LT Ronald Whipple, MSC, Head, Outpatient Administration: "There are several women qualified to be VP, but maybe not President. With the number of women getting into politics, there might be one qualified for President soon."



Larry Glenn, Housekeeping: "It's a good idea and I think it is time a woman be considered for the position."



HM3 Catrina Cunningham, Recovery Room: "I do not know of any woman who would be qualified for the job. The U.S. is not ready for a woman VP."



HA Mary Butler, Nursing Service: "A woman would have a different outlook on the problems a VP would face in office."

Staff Journal

Presentations



On 14 June, on behalf of CAPT Herr, CDR Golembieski, Head, Internal Medicine, presented LCDR Inaam Schneider, MC, a Letter of Commendation on her release from active duty.



On 11 June, CDR Gerald Kivett, MC, Family Practice, received a Letter of Appreciation on his release from active duty from CAPT Herr with CDR Murphy, Head, Family Practice Department, standing by.



Captains Herr and Bate bid farewell to LT Gary Seldomridge, DC, as he was released from active duty on 18 June. Dr. Seldomridge has been the personal dentist for military staff members of this hospital since 1981.



Captains Zel and Herr flank LCDR Musher, Psychiatry Department, as he proudly shows his Letter of Commendation. LCDR Musher departed on terminal leave on 15 June.



CAPT Reynolds, Directorate for Nursing Services, presented LT Kathryn Pierce, NC, with a Naval Hospital plaque as she departed for a tour of duty at Naval Hospital, Rota, Spain.



On HM2 Kathy Michael's transfer to Naval Hospital, Roosevelt Roads, CAPT Herr presented her with a Letter of Commendation. The presentation was made on 14 June.



CAPT Herr presented a Letter of Commendation to LCDR Anilkuma Patel, MC, Family Practice on 14 June as he was released from active duty.



On 29 June, LT D'Heron presented Lovie Tompkins, Medical Boards, Branch Clinic, with her 10 year service pin.



HM2 Kathy Michael receives congratulations from CAPT Herr on receiving her First Good Conduct Medal on 14 June.



CAPT Herr and CAPT Zel with the 10-year employees who received a pin and a certificate on 28 June. (Left to right): CAPT Zel, Helen Walsh, Janet Belanger, and Pedro Marcial.



Outstanding Performance employees, flanked by CAPT Zel and CAPT Herr. (Left to right): Manuel Maldonado, Debbie Anderson, Shirley Briden, and Cheryl Evans.

Staff Journal (continued)

Reenlistments



On 13 June, HMC Frank Adgate, Laboratory Department, reenlisted in the Navy for 6 years. His reenlistment officer was CDR Pratt, Laboratory Officer.



HM2 Nathan A. Neal signs his reenlistment contract on 29 June under the watchful eye of his reenlistment officer, LT Harvey Simpkins, MSC. HM2 Neal is a Physical Therapy Technician and the ceremony was held in PT. LT Simpkins is the Head of Physical Therapy Department.



What better place to reenlist an Aviation Quartermaster than in front of an airplane - at the 94th Aero Squadron! LCDR Daniel F. Colvin, NC, reenlisted AQL Joel R. Aliason, ARS, on 29 June.

Promotion



CAPT Herr and CAPT Reynolds watch as Ann L. Diaz, NC, received her new LTJG collar insignia from her husband, Jose, on 25 June.



Congratulations from the CO for RP2 Rogenna Bean, Pastoral Care Department, on her First Good Conduct Medal on 14 June.

Letters

HM2 Keith Poirier, Laboratory Department, received a Letter of Appreciation as he transferred to Naval Hospital, Rota, Spain, on 27 June. Chief Adgate offers his congratulations.



CAPT Herr and CAPT Zel presented HM2 Edward E. Paige, Operating Room, with a Letter of Appreciation on his transfer to the USS CAPE COD on 28 June.



LT Todd M. Husty, MC, Emergency Room, received a Letter of Appreciation from CAPT Herr on 29 June upon his release from active duty.

30 Year Pins

CDR Riesenhuber, Head, Pharmacy Department, presented Stuart Jester with his 30 year pin on 26 June.



Also receiving a 30 year pin from CDR Riesenhuber in the Pharmacy on 26 June was Bill Holden.



Lois Wilkerson, Central Processing and Distribution, received her Certificate of Completion from the Orange County Public Schools for completing a Supervision I course. CAPT Herr made the presentation on 28 June.



NURSING SERVICES



Column Coordinator:

LT Joyce E. Dresher, NC, USN

Independence Day --

for you, for me

For a majority of the population, July 4th is a holiday that means time off from work, gathering with friends for parties and attending firework displays. Forgotten are the events leading to that famous day in 1776. It is difficult to comprehend a life without freedom and independence. We would prefer to remain secluded in our "own little world" and not get directly involved in maintaining freedom and equality. Apathy and ignorance are two main ingredients that help to create and maintain that uninvolvedness.

Political activism is not the only answer. Our responsibility is to maintain an awareness of our forefathers' struggles, failures and victories in the fight for independence. It is important to become an informed citizen concerning today's struggles, failures and victories in the interpretation of those freedoms that maintain our independence.

July 4th is a time to celebrate, remember and renew our pride and patriotism in America. We celebrate the accomplishments of freedom, equality and independence. We remember our forefathers who are responsible for our standard of living today. Remembering the words of the Pledge of Allegiance, the Constitution, and the National Anthem renews our pride and patriotism.

July 4th, Independence Day, stands for yesterday, today and tomorrow!



Column Coordinator:

LT R. D. Younger, MSC, USNR

Care enough to help

"Shipmates take care of shipmates. That's the Navy!" This saying is never more true than when one prevents a friend from abusing alcohol or drugs. Sometimes, we see shipmates appear at work with a hangover following a hard night's drinking. When we suggest that abusing alcohol is bad for the Navy as well as bad for them ... we are telling the truth!

It is a personal and societal tragedy when alcohol or drug abuse leads to decreased motivation, performance and self esteem. We all know co-workers who, at one time or another, cannot perform their jobs because of this abuse. Do we really help when we overlook or even cover up for them? Of course not. We simply assist them in continuing to drink irresponsibly or use drugs. We do not do them any favors by ignoring their problems.

If you really care for your friends, help them to prevent and stop chemical abuse. Ask, or direct them if need be, to the command SAC for assistance.



CAREER COUNSELOR'S CORNER



HMC Patricia M. Johnson, USN

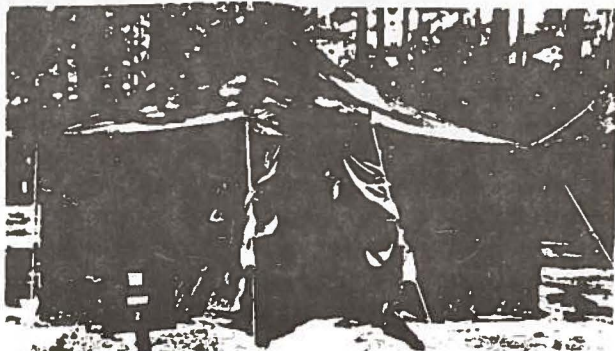
RDMF (raad-muff)

RDMF ????. What IS it? During the month of May, about 30% of this hospital staff, including me, found ourselves assigned to the Navy's RAPIDLY DEPLOYABLE MEDICAL FACILITY (RDMF). Not really understanding what it was, let alone what we would be doing, we found it a little alarming. The reality of the mass immunizations, issuance of dog tags and the discussion of wills, made it even MORE alarming. Before we could even spell RDMF, we were on our way to Camp Lejeune for 9 days of RDMF training. Now, I have a better understanding of RDMF and I would like to share it with you.

If deployed, in support of Marine Corps Forces, RDMF personnel will erect and configure a field hospital and provide for the care and management of combat casualties under any type of environmental condition within a combat situation employing all types of weaponry.

During our 9 days of training, we erected a 60-bed hospital consisting of approximately 20 tents. We had two operating rooms, 6 wards, plus an x-ray unit, laboratory and a pharmacy. We spent approximately 3 days undergoing drills, treating casualties under simulated conditions (i.e., power outages, terrorist attacks, NBC contamination).

The training reaffirmed my belief in what our primary mission really is ... to maintain our status of readiness! M.A.S.H. -- look out!! OOOORAH!!



DANTES - now available for civilians

For the first time, civilians are eligible to take DANTES examinations to earn college credit for knowledge gained on the job or independently.

For many years, only military people were eligible to take the tests, but now military dependents and civilians working for the military can take any of the more than 50 standardized tests on subjects ranging from applied technologies to languages and social sciences.

DANTES -- Defense Activity for Non-Traditional Education Support -- developed the tests and last year signed a contract with Educational Testing Service of Princeton, NJ, that allows ETS to market the tests to colleges and universities, thus extending their use to civilians. What this means is that the installation education office or Navy Campus office can now offer DANTES subject standardization tests to civilian workers and military dependents. Although many of the DANTES tests cover knowledge required to obtain a technical or trade certificate or diploma, they are also applicable to associate and baccalaureate degrees. Candidates who pass one of the tests can usually receive three college credits without having to sit through a course covering the same information -- and without having to pay tuition.

Anyone interested in taking the tests, should contact their base education office or Navy Campus office.





CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USNR

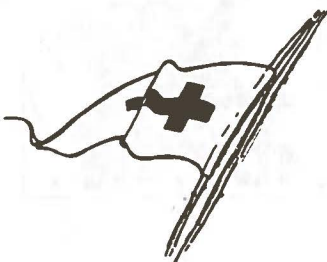
... without wax!

During the calm days of Roman prosperity, when the rich lived in the luxury of their marble palaces along the banks of the Tiber, there was an unofficial competition to build the most beautiful dwellings and to decorate them with the finest of furnishings and objects of art. Good sculptor and stone carvers were in great demand.

Even the most talented of artisans sometimes made slight mistakes. Occasionally, a hammer stroke might be a little too hard, the chisel might slip, or perhaps the marble might have a flaw in it. When this happened, the sculptor commonly would prepare a special wax to blend with the color and texture of the marble and use it to fill in the chip or crack. When the repair was completed, it was almost impossible to detect.

With the passage of time, however, heat and dampness affected the wax and revealed the existence of the flaw. Ultimately, whenever contracts were let for the sculpting of works of art, a clause was included which stipulated that the work was to be delivered "without wax" or "sincerus." From this word, we derive our word "sincere."

May we all strive to live our lives sincerely. In all of our relationships with co-workers, strangers, friends, family, with ourselves, and with God, may we seek to be open, honest, and trustworthy; without the "wax" of deceit, denial, and misdirection, which, at best, is a temporary screen from accepting responsibility for what we do, who we are, and whose we are.



LAB LINE

ASTRA 8 ... at last!

It was like Christmas in June for the Laboratory! Not only did we get our good friend and strong supporter, CDR Truran, back at this command as the new Directorate for Administration, but we also received our long-awaited, automated electrolyte analyzer, the ASTRA-8! We have had to wait through a full three year cycle to finally be able to replace the last of the biochemical analyzers brought over from the old hospital.

The ASTRA-8 is considered to be the finest and most technologically advanced electrolyte system on the market today. It can produce a full set of electrolytes, BUN, and glucose in less than 60 seconds! The biggest delay, now, is waiting for the blood to clot in the tube, and the process of centrifuging to obtain serum. The ASTRA-8 can perform a full set of electrolytes on only 100 microliters of serum, and consumes less than 25¢ worth of chemical reagents. Another invaluable feature is the ORDAC (over range detection and correction) capability. The system will sense the specimens with very high test results that are outside of linear range. It will automatically make the necessary specimen dilutions to be able to obtain an accurate result.



CDR Truran has a look at the ASTRA-8. It was through his innovative fiscal efforts that our Lab was able to receive this marvel of technology.

Summer dangers

Lightning - charged with danger

New to Orlando? Bet you didn't know that Orlando ranks #1 in the United States for lightning strikes. When we have an electrical storm in Orlando, and this IS the season, if you are smart, you will take cover! There have been many people killed or maimed for life from lightning strikes ... too many to list here; so, instead, we would rather devote the space to telling you how to PREVENT being struck by lightning!

1. Stay indoors - don't venture out unless it's absolutely necessary.
2. Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and plug-in electrical appliances.
3. Don't plug in electrical equipment: hair dryers, electric tooth brushes, electric razors, radios, or TV's.
4. Don't use the telephone.
5. Don't take laundry off clotheslines.
6. Don't work on fences, telephone or power lines, pipelines or structural steel fabrication.
7. Don't use metal objects: fishing rods, golf clubs, or cleated golf shoes.
8. Get out of the water and off small boats.
9. Stay in your automobile, if you are traveling.
10. Seek shelter in buildings. If none, get in a cave, ditch, canyon or under clumps of head-high trees.
11. Where there is no shelter, avoid the highest object in area. If only isolated trees are nearby, crouch down in the open.
12. Avoid hill tops, open spaces.



13. If you feel the electrical charge -- your hair stands on end or your skin tingles -- lightning may be about to strike you. Drop to the ground immediately, and spread-eagle face down OR kneel with one foot flat on the ground.

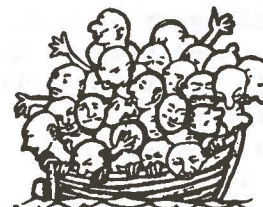
Drowning is forever

Summer always brings bright, fun-filled days of relaxation for all of us. Trips to the ocean, lakes and rivers, and boating and fishing activities wherever there is enough water to swim or float a boat can highlight summer fun. But for many, there will be tragic consequences, and headlines will detail the statistics of drowning victims.

The Navy has lost hundreds of men and women who have lost their lives in drowning accidents while on authorized leave. About half of the victims drowned while purposefully engaged in swimming, diving, and surfing activities; just as many drowned as a result of falling unexpectedly into the water. Few of us realize that unintentional exposure to water can be just as deadly. Such exposure typically occurs as a result of boating accidents and falls from piers, sea walls and cliffside heights. Many in this latter category involve consumption of alcoholic beverages.

The common element in this type of danger, is the failure to recognize the hazard and act accordingly. Exercising sound judgment can easily prevent tragedies.

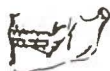
Investigations of drowning accidents reveal another important finding -- many victims were poor swimmers, at best, while others were non-swimmers. Enrollment in local Red Cross swimming and water safety courses can teach and improve the basic skills necessary for survival in emergency situations. This action alone, could eliminate many senseless tragedies. Ensure everyone in your family learns how to swim.



Don't overcrowd a boat

JustAWord from theSkipper

CAPT A. Herr, DC, USN



Master Shipwreck

HMCM(SS) R. C. Clements, USN

IG- Medical

What's the purpose of an IG inspection? It's to ensure that this hospital, or any Naval activity for that matter, is operating at peak efficiency in compliance with all the regulations and policies pertinent to that activity.

The Inspector General Medical makes periodic visits to our hospital. This time they were checking to see if the discrepancies noted on the previous IG, as well as the JCAH, have been corrected.

At the IG's Summation Conference on Thursday, 21 June, one of RADM McKean's opening remarks was that "this command has improved 600% since my last visit!" Wow! I want to be the first to say that the tremendous improvement has only been achieved through the dedicated efforts of this remarkable staff! I must also add that the Admiral was personally impressed with the hospital's personnel; their attitudes, cleanliness, uniform appearance and courtesies rendered.

If ever a heartfelt ATTABOY needed to be passed on, this is it! So, to this dedicated, team-oriented, loyal staff, I give you an ATTABOY - in letters blue and gold and ten feet high!

I don't want to give the impression that we achieved a 4.0 IG. We didn't ... we still have a lot of work to do. But, I just wanted you to know that I sincerely appreciate all your efforts and I know that you will continue to devote your time and energies toward delivering top quality patient care. As we diligently strive toward a 4.0 IG inspection, let's do it together ... as a team ... and as proud members of the Navy Medical Department.

Have a safe 4th of July Holiday!

Change of Command

Master Chief

Many changes have occurred here at the hospital during my tour as Command Master Chief. Relocating into a modern, state-of-the-art treatment facility, demolition of the old World War II camp-style, wards and buildings, three Commanding Officers and a continuous turnover of personnel. One thing that has not changed, is the attitude of the staff.

Attitude is the most important ingredient of any successful organization. I am glad to say that Naval Hospital Orlando IS successful and the staff demonstrates professionalism, devotion and dedication to the patient beneficiaries they serve. The positive attitude of the staff was strongly emphasized during the recent visit by the Inspector General Medical.

The high point of my tour has been the close personal relationship that I have enjoyed with all members of the staff. The many, many counseling sessions with junior personnel which, in most cases, provided positive feedback by improved performance, advancement in rate and ultimately resulted in being retained in the Navy. The day-to-day contact with shipmates, friends, and especially the staff, has made my tour rewarding and satisfying, to say the least.

On the 11th of July, at 1000, Master Chief Phillips will relieve me as the Command Master Chief. All staff members are invited and encouraged to attend the ceremony. Give Master Chief Phillips the same fine support that you have given me throughout my tour.

To each and every member of the staff -- thanks for your support and a big, big thanks for the memories.

R. C. Clements
R. C. CLEMENTS